



Friday Update

January 23, 2009

Friday Updates Recreation and Culture

Facility

2009 has already started off with high attendance at the Recreation Center. Our **Gymnasium (Basketball Courts)** are filled morning thru evening. Schedule as follows:

- Wednesday 80+ kids from Home School Families come with their teams and coaches to practice for their basketball league.
 - Monday thru Friday after school our little league K-6th grade practicing for their Saturday Game Schedule.
 - Monday and Tuesday Night our Men's or Women's Adult League play.
- So when you think of January – February at the Recreation Center it must be B- Ball time!

February/March 2009 Recreation Center Activity Guide came out in the High Country Shopper Wednesday January 14 with the winter programs. Check out the weekly ad in the High Country Shopper and Delta County Independent for all our Class Schedules.

Our **Conference Rooms and Activity Room** have been filled with classes, wedding reception, dances, Eagle Scout ceremony, meetings, banquets, birthday parties and baby showers this month. For more information on renting our Conference Rooms, please call the Recreation Center 970-874-0923.

Fitness

January is always a busy month, however it feels like this January has really kept the fitness crew on their toes.

Usage of the cardio & weight room has increased as well as personal training. A special Couples Personal Training runs through February 14th. This is for spouses, friends, siblings, any two will do. For \$125, the couples receive 4 one hour sessions.

Both the noon and 4:30 p.m. team training classes are full. The Wednesday Hatha Yoga class has 15 participants plus a few drop ins, and 19 people are moving and grooving in Dance Fit.

Tae Kwon Do is busy and the Beginning Ballroom Dance class is at max with 16 couples. The Aerobic Room is highly used with these classes and all the on-going weekly classes. Everyone seems to really like the new wood floor.

A fitness class has been started at the Senior Center on Wednesday's at 11:00 a.m. It is a half hour class including standing and sitting exercises with dyna-bands. It has been two weeks and she has an average of 12-15 senior participants.

The Fitness Department and Bill Heddles Recreation Center, was the program focus of a recent women's Christian group luncheon. A few of the women were familiar with the

programs and equipment offered at the Recreation Center, but it is always exciting to be part of igniting interest in fitness and our facility.

Youth & Leisure

Great new classes coming up for all ages. In March we will be offering Tuesday classes just for little ones. **"Kids in Motion"** will be held on Tuesday March 3rd & 17th from 9-9:45am for ages 3-5. Kids will interact and play games with other kids.

"Reading is Fun" will be held on Tuesdays March 10th & 24th from 9-9:45am for ages 5-7. Kids will read a book and do crafts and other activities related to the story.

Computer 101 - Are you scared to even turn on your computer? Well here is a class just for you. Fear no more, learn the basics to navigating on your computer in Computer 101 on February 24th from 1:30-2:30 for just \$5.00.

Red Cross Babysitting Course -Teens, here is your chance to gain knowledge for a possible summer job. Sign up for our next Red Cross Babysitting Course scheduled for Monday & Tuesday February 16th & 17th from 9a.m.- 4 p.m. for a fee of \$85.

Annual Spring Mens Barbershop Concert - Mark your calendars to travel to the annual Barbershop concert to be held on Saturday March 28th. Watch for details.

Girls on the Run, Learn, dream, live, run... A Girl on the Run is in Everyone!! Girls on the Run is a nationwide program that recognizes that every girl is special, that every girl is strong, and that every girl is a winner. It's about running, but it also teaches girls in grades 3 through 8 about health, friendship, body image, self-esteem, and community service. The Recreation Department is offering their third year of Girls on the Run with certified coaches to lead. The program will begin on February 23rd and go through April 18th for the final **Spring Into Shape 5K Race**. This program will be held on Monday & Wednesdays from 3:305 p.m. for a fee of \$30 and will be held at Lincoln Elementary & Garnet Elementary Schools.

Cribbage Tournament - Get registered today for our annual Cribbage Tournament on Sunday February 22nd for a fee of \$10/singles and for an additional chance at prizes doubles for just \$5 more.

Annual Amateur Chess Tournament - For those of you looking for a challenge get registered for our annual amateur chess tournament to be held on Saturday March 21st for a fee of \$10. Great competition & fun for all ages.

Basic Crochet classes coming up March 4th -18th, stop by and see samples of what you can make.

Sports

Adult Basketball is in its 5th week out of 10 weeks. Games will continue until mid March. There are 10 men's teams playing games from 6-10 p.m. on Monday nights and the 7 Women's teams play games from 6:30-9:30 p.m. on Tuesday nights. There will be a single elimination tournament at the end of the season.

Little League Basketball is under way and almost half over. The City of Delta's program has 215 participants which is 24 teams. There are games on Saturdays in

Delta and surrounding communities for six weeks. There are a total of 72 teams in the entire program including, Delta, Olathe, Hotchkiss, Paonia and Cedaredge. Most of the Delta teams practice at the recreation center Mondays-Fridays after school until about 7:00 p.m.

Racquetball Clinics - There is a **Beginning Racquetball Clinic** going on now until January 26th. There are 8 people signed up to take lessons from Gary West. The clinics are on Mondays from 6 to 8 p.m. There will also be another beginning racquetball clinic offered starting on March 2nd and going for 4 weeks on Mondays from 6 to 8 p.m. We will also be offering an intermediate racquetball clinic that is already filled with 8 people. It will begin on February 2nd and run for four weeks on Mondays from 6-8pm.

Bill Heddles Recreation Center will be offering a **"Family Fun" racquetball Clinic**. Families can enjoy learning a new game while exercising as a family. Gary West will be instructing a clinic for families on Saturday, February 28th from 10-12 pm. The cost is \$20 per family and is limited to 4 families so sign up now.

Bill Heddles Recreation Center will also be offering **Youth Racquetball Clinics**. Racquetball helps kids with hand/eye coordination for all SPORTS! January 31st from 3-5 pm or February 14th from 3-5 pm are the two different dates where you can learn the game. The clinic is for ages 8-14 and the cost is only \$10 for a two hour session. Sign-ups will be limited to the first 12 players so hurry and sign up now.

7-8th grade Boys and Girls Basketball Tournaments registrations are now being taken. The boys will be on March 14th & 15th and the girls' tournament will be on April 4 & 5. The deadline to register for the boys' is March 6th and the deadline to register for the girls' is March 27th. Each team is guaranteed 3 games over this fun weekend of basketball for a team fee of only \$200. The 1st Place team will receive t-shirts and individual medals and 2nd & 3rd places will receive individual awards.

Mature Guys Pick-Up Basketball - Tuesday morning's beginning in January is when you are sure to find a pick-up game for people 50 & older at the Bill Heddle's Recreation Center Gym. Come on down and get in the game, you can bring a team or just yourself and be ready for fun time every Tuesday mornings from 9-11am. The only fee is the regular admission to BHRC.

Spring 5 on 5 Adult Flag Football League - We are now taking registrations for The City of Delta's Spring 5 on 5 Adult Flag Football League before the deadline of February 13. The season will begin in late February with games played at Mountain View Park on Thursday nights through early May. A 10 game season with a season

end single elimination tournament is included with the \$225 team fee. Each player is also required to pay \$20 player fee and sign a roster to be eligible to play. The City will provide the flags and game balls.

Annual Pre-season Tune-up Softball Tournament at Mountain View Park is on April 5th-6th. Divisions for Coed, Women's and Men's teams will be offered. The final deadline to register your team is March 27th. Register your team by March 20th for a \$20 discount; the team fee is only \$200 before March 20th after March 20th the fee is \$220. Three game guarantee for the weekend.

Spring 4 on 4 Volleyball League registrations are now being taken for The City of Delta's 4th year of Spring 4 on 4 Volleyball League, the deadline is February 20th. The season will begin March 4th with games played at Bill Heddles Recreation Center on Wednesday nights. A five game season with a season end tournament is included with the \$75 team fee. Each player is also required to pay \$20 player fee and sign a roster to be eligible to play. The City will provide the game balls and nets.

Friday Updates For Parks Dept.

This weeks activities for the Parks Crew:

- Working on Standards and Specs. For landscaping.
- Main Street tree trimming and pruning all of this week.

Delta Police Department's Weekly Activities Report For the Period of 16-22 January 2009

Activity	Week Ending 22 January 2009	Year to Date
Law Incidents:	51	136
Traffic Citations:	03	27
Arrests:	13	28
DUIs:	04	05

"Arrests" includes all custodial and non-custodial arrests. Custodial arrest is taken into custody and booked into the jail facility; non-custodial arrest is taken into custody and released with a summons (or penalty assessment ticket) to municipal or county court. (This report does not include any Animal Control activities).

